

REVIEW PAPER

Value-Based Education and Yoga

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Received: 16-06-2025

Revised: 07-08-2025

Accepted: 26-08-2025

ABSTRACT

Value-based education (VBE) and Yoga play a transformative role in shaping individuals into responsible, ethical and well balanced members of the society. In an era marked by rapid technological advancements and increasing social challenges, the needs for an education system that fosters both intellectual and moral development has become paramount. VBE focuses on instilling essential human values such as integrity, compassion, empathy and social responsibility ensuring that students grow into individuals who contribute positively to the society. Value based education instills educational and cultural values among students and aims at achieving multi-faceted development of a human being namely intellectual, physical, spiritual, and ethical development. The values incorporated in a value-based curriculum may include cooperation, responsibility, happiness, simplicity, unity, peace, respect, love, tolerance, honesty, humility, and freedom. The main purpose of holistic education is to prepare students to meet the challenges of living as well as academics. Multiple studies have reported that value based education is a holistic approach to students' education, one that provides complete education of body and mind through innovative approaches and critical educational thinking. Yoga as an ancient discipline complements VBE by promoting physical health, mental clarity and emotional stability. It enhances self-awareness, mindfulness and resilience enabling individuals to manage stress, improve concentration and maintain inner peace. The integration of Yoga into the education system not only supports academic excellence but also fosters holistic well being. This paper explores the significance of combining VBE and Yoga in modern education, highlighting their role in nurturing well rounded individuals. It examines how educational institutions can incorporate these practices into their curricula to create an environment that promotes ethical behavior, self-discipline and a balanced approach to life. Furthermore, the paper discusses the impact of VBE and Yoga on student's personal growth, emotional intelligence and decision making skills. By embracing value-based education and yoga, institutions can cultivate a generation that is not only academically competent but also morally responsible and emotionally resilient. Such an approach ensures a sustainable and harmonious society, where individuals lead purposeful lives guided by ethical principles and inner well-being.

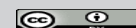
HIGHLIGHTS

- ① Value based education fosters core human values like integrity, morality, empathy etc.
- ① Importance of yoga as value based education for holistic development of students
- ① It improves overall health and wellbeing of human beings
- ① Development of education system that balances academic excellence with character building and well-being.

Keywords: Value, Education, Ethical, Self-discipline, Honesty, Empathy etc.

How to cite this article: Sati, L. and Kistwal, S. (2025). Value-Based Education and Yoga. *Int. J. Soc. Sci.*, 14(03): 85-89.

Source of Support: None; **Conflict of Interest:** None



The true purpose of education extends beyond academic success—it aims to nurture individuals who can contribute positively to society with a strong moral foundation. Having a firm grasp of what moral ideals stand for is crucial for today's youth. If we want to build a society free from crime, both professional and human ethics must be respected. Morality serves as the best deterrent to significant crimes including theft, vandalism, violence, cybercrime, and corruption. It is essential to pinpoint the primary causes of society's moral decline. Moral values are key to hold world together (Nandwani, S.R. 2023). Education in human values is basically the education of being best harmonized in education for being, having and loving (Mahapatra H. 2022). Value-based education emphasizes the integration of values such as honesty, compassion, discipline, and responsibility into the learning process. A value-based education system finds a powerful ally in the practice of yoga, as it provides a holistic approach to personal development, deeply integrating ethical principles and self-awareness through physical postures, breathing techniques and meditation, thereby fostering a well rounded individual with strong moral values and a sense of inner peace. Yoga, a practice rooted in ancient Indian traditions, complements value-based education by fostering physical, mental, and spiritual well-being. Together, they form a holistic approach to personal development, shaping individuals into balanced, ethical, and self-aware beings.

The Importance of Value-Based Education

Value-based education is essential in today's fast-paced, globalized world, where ethical dilemmas and societal challenges abound. Its primary objectives include:

Value-based education (VBE) plays a crucial role in building character by instilling ethical principles, moral values and a sense of responsibility in individuals. It teaches moral values like honesty, integrity, respect and empathy and thus helps students differentiate between right and wrong. It encourages accountability for one's actions and fosters commitment to duties and responsibilities in personal and professional life. It encourages self-awareness, self regulation and compassion. It helps individuals manage emotions and

build healthy relationships. Further, VBE promotes respect for diverse cultures, religions and perspectives and thus fosters harmony and peaceful coexistence in society. It instills the importance of giving back to society through community service and promotes ethical leadership and decision-making. It guides individuals to make ethical and fair choices for the overall development of the society. It prepares them to handle real life challenges with wisdom and integrity. It also encourages perseverance, patience and self-control and helps individuals stay focused on their goals despite setbacks and challenges from within the society. Value based education shapes the students into responsible, ethical and compassionate members of the society. It nurtures character by embedding strong moral principles that guide behavior, decision-making and interactions with others. By embedding values into the curriculum, educators can shape students into responsible and compassionate global citizens.

The Role of Yoga in Education

Yoga, an ancient practice rooted in Indian philosophy, has gained global recognition for its physical, mental, and emotional benefits. In the field of education, yoga plays a crucial role in fostering holistic development, enhancing concentration, reducing stress, and promoting overall well-being among students. Yoga is the single most area of learning, which is 4 capable for effecting total development of human personality. Yoga has its roots in Indian culture and traditions, and it is scientific in method and content like any other academic discipline (Baruah, D. 2024). Integrating yoga into the education system can transform the learning experience, making it more effective and enriching.

One of the primary benefits of yoga in education is its ability to improve concentration and cognitive function. "The real rest is in the inner life founded in peace and silence and absence of desire. There is no other rest — for without that the machine goes on whether one is interested in it or not. The inner *mukti* is the only remedy" (Dalal, A.S. 2001). Specific yoga postures and breathing exercises (*pranayama*) help students develop better focus and memory retention. Practices such as meditation and mindfulness also train the mind to stay

present, reducing distractions and enhancing learning capabilities. Students often face academic pressure, peer expectations, and exam-related stress. Yoga provides a natural and effective way to manage stress through deep breathing exercises, relaxation techniques and mindful awareness. Regular practice of yoga has been shown to lower cortisol levels (the stress hormone) and improve emotional resilience, helping students cope with challenges in a healthier manner.

With sedentary lifestyles becoming increasingly common among students, yoga serves as an excellent way to maintain physical fitness. "As long as the body is not in perfect health, you are caught in body consciousness alone. This distracts you from healing and culturing the mind. We need sound bodies so we can develop sound minds" (Iyenger, B.K.S. 2005). It enhances flexibility, strength, and posture, preventing health issues such as obesity and back pain. Yoga also improves respiratory and cardiovascular health, contributing to overall physical well-being. Emotional intelligence is a vital aspect of a student's overall development. Yoga encourages self-awareness, emotional regulation, and empathy. Through mindfulness and meditation practices, students learn to understand their emotions, develop patience, and foster positive relationships with peers and teachers. Yoga is a universal subject. Yoga is a healing method, so it can be included in health disciplines. If we consider Yoga, it will be incorporated into sports. Meditation method in Yoga is not only a stage in spiritual progress but also useful in mental disorders, yoga topic is related in Psychology. That is why Yoga is also called Indian psychology (Ranade, P.R. & Nikam J.D. 2023).

Discipline is a fundamental aspect of success in both academic and personal life. Yoga instills discipline through consistent practice and self-control. It also boosts self-confidence by fostering a sense of achievement, self-acceptance, and inner strength. Yoga is not just a physical practice but a way of life that promotes ethical values such as kindness, compassion, and honesty. By incorporating yogic principles like non-violence (*ahimsa*) and truthfulness (*satya*), students develop a strong moral foundation, encouraging harmonious relationships

and responsible behavior. Sleep is crucial for students' cognitive functioning and overall health. Stress and excessive screen time often disrupt sleep patterns, leading to fatigue and reduced academic performance. Yoga and relaxation techniques help regulate sleep cycles, ensuring better rest and rejuvenation. When yoga is integrated into schools and colleges, it contributes to a positive and supportive learning environment. Teachers and students experience reduced stress levels, improved classroom interactions, and increased motivation. A calm and focused atmosphere enhances creativity, problem-solving skills, and a love for learning.

The integration of yoga into education goes beyond physical exercise; it is a holistic approach that nurtures the mind, body, and spirit. By incorporating yoga into daily school routines, students can achieve better academic performance, emotional balance, and overall well-being. As education systems evolve, embracing yoga as a vital component can pave the way for a healthier, happier, and more successful generation of learners.

Integration of Yoga and Value-Based Education

Combining yoga with value-based education creates a well-rounded approach to learning. This integration can be implemented in the following ways:

1. *Yoga Sessions in Schools:* Daily yoga practice can be included in the curriculum to promote physical and mental health.
2. *Value-Based Themes in Yoga Classes:* Themes like kindness, gratitude, and honesty can be incorporated into yoga sessions, linking physical practice with moral lessons.
3. *Mindfulness and Meditation Practices:* These techniques can help students develop emotional resilience and ethical awareness.
4. *Community Service Projects:* Encouraging students to participate in activities that combine yoga and values, such as organizing wellness camps or mindfulness workshops for underprivileged groups.

Benefits of Combining Value-Based Education and Yoga

In today's fast-paced world, education is not just about acquiring knowledge but also about developing strong moral values and maintaining physical and mental well-being. The combination of value-based education and yoga provides a holistic approach to learning, shaping individuals into responsible, self-aware, and balanced human beings. By integrating these two elements, students and individuals can achieve overall development in intellectual, emotional, physical, and ethical aspects of life. Value-based education focuses on teaching essential values such as honesty, respect, empathy, and responsibility. When combined with yoga, which promotes self-discipline and mindfulness, individuals develop strong moral character and a heightened sense of self-awareness. Yoga practices like meditation help in self-reflection, reinforcing ethical behavior and positive thinking.

Modern lifestyles expose people to high levels of stress, anxiety, and emotional instability. Yoga, through practices such as *pranayama* (breathing exercises) and meditation, helps in regulating emotions and maintaining inner peace. "Meditation is not advised as a means to trance and catalepsy, which are most emphatically denounced, but only as a help for the mind to rest on the object" (Radhakrishnan, S. 2009). Value-based education further encourages students to cultivate empathy, kindness, and patience, ensuring a compassionate and emotionally stable personality. Yoga significantly enhances concentration and memory through mindfulness and deep-breathing techniques. A calm and focused mind absorbs knowledge better. Additionally, value-based education encourages critical thinking, ethical decision-making, and self-motivation, leading to better academic performance and overall intellectual growth. Students and professionals today face immense pressure to excel, leading to stress and burnout. Yoga provides natural stress relief by calming the nervous system, reducing anxiety, and improving overall mental health. Value-based education instills a positive mindset, helping individuals approach challenges with resilience and optimism.

Holism in general is the idea that all the properties of a given system in any field of study cannot be determined or explained by the sum of its component parts. The idea of holism advocates a transformative approach to learning. Rather than seeing education as a process of transmission and transaction, transformative learning involves a change in the frames of reference that a person may have. This change may include points of view, habits of mind and worldviews. As a result students develop critical thinking and problem solving capacity in day to day life. The knowledge aspect of yoga sadhana is being extensively researched, with advantage to yoga practitioners. Psychological, anatomico-physiological, biochemical and philosophical phenomena underlying yoga sadhana have been commendably understood by all today. It is a matter of satisfaction for the entire humanity. So also, elaborate and effective means of its transmission, such as internet across the globe, is a great stride for propagation of yogic knowledge. Teaching methodology in yoga has also ingrained modern educational methodological rigours into it. There is also a worldwide growth of teaching schools of yoga (Hamid, N. 2023).

A society thrives when individuals cultivate strong moral values and emotional intelligence. Value-based education teaches respect, cooperation, and integrity, fostering harmonious relationships. Yoga helps individuals remain calm, non-reactive, and patient, reducing conflicts and improving interpersonal skills. Together, they encourage individuals to become compassionate leaders and responsible citizens. Yoga contributes to better physical health by improving flexibility, strength, and immunity. It also promotes a balanced lifestyle by encouraging healthy eating habits and regular exercise. Value-based education complements this by discouraging harmful habits like substance abuse, fostering self-discipline and mindful living. Yoga enables individuals to connect with their inner selves, promoting self-realization and spiritual awareness. Value-based education provides a moral compass, guiding individuals towards purposeful living and ethical decision-making. This combination ensures a balanced and meaningful life.

The integration of value-based education and yoga creates a well-rounded individual capable of handling life's challenges with confidence, empathy, and wisdom. Schools, colleges, and workplaces should incorporate these practices to nurture responsible, emotionally intelligent, and physically healthy individuals. By embracing this holistic approach, we can contribute to a more compassionate, ethical, and balanced society.

CONCLUSION

One of the most important reasons for reorienting education for values is the fact that the current practices in school education by any large contribute to the lopsided development of students. These put exclusive focus on cognitive to the total neglect of the affective domain and present an alienation between head and heart. Students are nurtured in a spirit of excessive competition and are trained right from the beginning to relate to aggressive competition, and facts detached from contexts. The individualistic idea of excellence is promoted at the cost of emotional and relational skills. Young learners hardly understand why they are in school, why they are studying different subjects and how their schooling will be helpful to them. Their understanding is limited to learning the subjects. They hardly know how they should live their lives, commit themselves to the welfare of the country, care about the environment and other social and moral issues. They are not clear as to what sort of persons they hope to become when they complete their school education. This kind of education turns children into machines. (NCERT)⁹

Value-based education and yoga together offer a transformative approach to learning that goes beyond academics. They nurture the body, mind, and soul, equipping individuals with the skills and values needed to lead meaningful lives. By integrating these principles

into the education system, we can cultivate a generation of compassionate, ethical, and well-rounded individuals who are prepared to face the challenges of the modern world with resilience and wisdom. Together they foster a balanced lifestyle equipping individuals with the skills to handle life's challenges with resilience and wisdom. Emphasizing these aspects in education ensures not only academic excellence but also the cultivation of a peaceful, harmonious and ethical society.

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